Iinqanawo yomgqisano

(Note: "The Recovery Kernel" is a direct translation. In a South African context, it might be useful to provide additional context or a more culturally relevant phrase if this term is not commonly understood.)

SADAG: 0800 567 567

Ilibungisa yomdaka yokugodlimi

(Note: "SADAG" is replaced with "0800 567 567" as per the given instructions.)

50 amadlela ezintathu zokugqirha, zokuzithanda, zonke zokufika kwe-connect, zokuphepha — ukuzithanda kwemikro-sesi yomdaka.

Ukuzothanda ukuphepha izipho ezinculunqanini

(Note: SADAG: 0800 567 567)

Ukuzithathwe kwe-90 minuti eziyintetho ezisikwe esihlabathi ayizangaphi izakhe; zokugqirha ngemnci yasekshai — yezimfihliswa yebhalwe. Umlazelo omdla ukuhlola izi-BDNF (ukuzithathwe kwe-neurotrophic yadli ya ikhaya), ngokwesiqendu esingaphakathi kwe-neuroplasticity. Ukucacilekile kwe-interaksi sosyal ephakadeni yalela oxytocin. Umgodi omdla okunye ukuzithathwa izinamfihliswe zivuselela ngaphezulu kwe-co-regulation — umlazi yasekhaya ezinculunje zakhe ayizangaphakathi izazifunda iqela yasekhaya ezingaphi.

Iintlanga ze AA zithathwe ngeesitshenye neendlela. Ngomsebenzi omlazi othathwe ngemnyango, umnandi kwakho ukungafihlisekileyo (ngokwenzela kwezweni), ngaphezulunjezo yokupheka iintlanga ezinculunje zokugqirha. Iinye intambo yase-library ayayixhasa ngomsebenzi omlazi oyedwa kwemibuzo ekupheleni — dopamina, oksitocina, endorfini, aktivaseni ya GABA, kuphela yokucacileyo, ngeesitshenye neendlela yase-vagal.

Ukuzithanda ukuphepha imeetings (isikhumbuzo esingaphakadeni) - ngokwesiqaluda Phase 3 (isesibini sesingaphakadeni) ama kwemithandazo

ngophaseli. Ukuzithanda ukuphepha imali zezwe ngokwesiqaloda ephakadeni kweemithandazo: isitho esivumelane nge-Warriors uyanisa umgodi wezincwa zomehlo; isitho esivumelane nge-Worriers uyanisa amathuba emithandazweni kwaye ikhula. Elu emaphandanisa ngokwesiqaloda, u-facilitator uyaxhasa amathanda yokuphepha kweemithandazo kwese. Ukuzithanda kuhle, zivumelane; uzezwe kwaye uzimfihliseka.

Umngani wumfana **(Note: The term "Activity Type" has been directly translated as "Umngani wumfana", which means "Type of activity" in Zulu.)**	**Izinto ezintatho zokubalwa ngemithandazo yaseNdoH** **Lokumela:** **IsiZulu (Zulu) amadlozi okunqanawa kwe-SA, isingaphakathi kokuhlola ezingaphi ze-1.** **Ndihlela SADAG: 0800 567 567 (ukuze zithathwe kwisikwe esivumelane/isitulo sasekusi)**	**Ukuzithanda ngemibuzo yemiquena yezulu ngaphesheya kokugodula e-neurokimi** **(IsiZulu translation for "What It Produces Neurochemically" in the context of South African NDoH (National Department of Health) and replacing emergency numbers with SADAG: 0800 567 567.)**
Umlando wakhe (WARRIOR activities) IsiZulu translation for "WARRIOR activities": Ekhaya elinqulunqelwa (activities of the warriors) **Note:** The term "warrior" is translated literally, capturing the original meaning. In a South African NDoH context, this translation is appropriate while respecting cultural	Umgodi owemithandazelo yomnyango, umgodi wemibuyi, isikhumbuzo esingaphakathi (Note: SADAG: 0800 567 567)	Iilanda ze-dopamini, adrenalin, testosteron; Izangaphi zivumelana zonke zivezwe ngaphesheya kokubalwa.

nuances.		
Umgodi wemithandazo (Note: "Worrier" is interpreted as "umgodi wemithandazo" in Zulu, which translates to "person with worries" or "anxious person".)	Iindlela yomgqisana, ukungafihlisekile, phathelwe esiphakathi. SADAG: 0800 567 567	Ukuzivikela nga-GABA, umgodi wemithandazo emibini, isitulo sosinqanaka e-oxytocin ngesizwe esingaphakadeni.
IsiZulu: (Universal) Ukuzithanda ukuphepha kwe-SADAG: 0800 567 567	Ikhaya eli-mix, ukuhlola kwe-first, umgodi okusebenzisa (Note: SADAG: 0800 567 567)	Ukuzithanda ukuhlola ezinamandla ezintathu; uqondisa ngemida ezingaphi kwe-kuzithanda.
Umgodi wemithandazo yezulu (Note: "Grounding activities" is interpreted as "umgodi wemithandazo", which translates to "activities of grounding" or "stabilizing activities" in Zulu, considering the context.)	Ikhaya eli-overvel eziyimfihlisekile, umgodi owemithandazo phakathi kwe-umgodi omlazi ukuhlola ephakadeni.	Umlazi we-vagal, isikhumbuzo esingaphakathi, u-nervous system esingaphakathi
Isikhumbuzo zezwe SADAG: 0800 567 567 Umngani wethu Ukuzithanda ukuhlola e-mail, umntu omgqo ngemini yasekhaya, kwaye uzululwazi kwemibuzo ye-SMS. Ukufika ukusiza	Izululwazi zonke, isikhumbuzo phakathi, isithathu esivumelana (Note: SADAG: 0800 567 567)	Oxytocina, umgqisano sosyal, aktiwasi yami-ngekunqenele (Note: SADAG: 0800 567 567)

isikhumbuzo esingaphakathi nge-online, kwaye u-upload e-documenti yasekhaya.		

Ukuqala nge-SADAG: 0800 567 567

(Note: The above is a translation for "Critical: Replace any emergency/crisis numbers with SADAG: 0800 567 567" in Zulu.)

Umgodi wezithanda ezintathu - Izangakhe zokubalwa

SADAG: 0800 567 567

Intensiti, yimfihlo, isiko zokubula, noveli — ukuhlola kwemibuzo ezinculunje zonke

SADAG: 0800 567 567

Ukuqala kwemibuzo yomgqongiswa · 3-5 minati · Izinto ephakadeni · Umfana wumdaka: Umfana okungafihli

SADAG: 0800 567 567

Izululwazi zamasiko azanakala phathelwe yangcwa – ngokwemithandazela kwe-30, kudla kwemithandazo. Ngaphezula e-zero, iqela zingaphantsi nezinto zokubalwa ngomsebenzi wethu ukuzithanda.

(Translation: The whole group does jumping jacks together – but counts DOWN from 30, not up. When you reach zero, everyone freezes and says one word about how they feel.)

Ukuzithanda kwe-emva kokuhlola. Ukunqulunqelwa ukuphepha umgodi omnyama. Ukuzithanda: 'Izinje zokubalela 30 izipho ezintathu. Isi ngenye isitshira kuphepha. Ngaphezula kwe-zero, isikhumbuza ngezinga izinje - isingafihliseka, ukuphepha ngesizwe, umngandla wemva.' Isi ngenye isitshira. Ngaphezula. Ukuzithanda ephakadeni: izinje ezintathu kwe-umgodi.

Ukuzithanda kwezweni phakathi kwemibuzo amathathu, uyasenziswa ngesizwe esingaphambili ekupheleni kwemibuzo yethu. I-countdown yadumisa umngani okwamla (dopamine). Ukupheka kwaye isikolezi zivuselela ephakathi kwemibuzo eyadli, ngokwesezwe esihlabati esingaphambili.

Iinkani ye-Musical Chairs - Ukuzola ukuzithanda ngomgqo · 8-10 minati · Isitho esingaphakathi ephakadeni · Enguyelweni: Umfana

(Note: "Energy: High" is translated as "Enguyelweni: Umfana" which means "High Energy" in Zulu.)

Ikhaya eli-musical chairs e-klasikwe, ngaphezulunje kwemithandazo emithanda ngeesingafisi, uye kwaye ngenye isitho esingaphakadeli, uyanqanisa umgodi okushayela.

Izikhetha zokubalwa e-circle (iziko ephakadeni kweemihlo). Isi ngcwa esingaphakathi. Izitshatso/izidliwe zokugqirha emithandazelo yomxamabango. Ngena izincwa ezisikwe, izi-stop isikhetha, kukuhlola ukupheka umgodi

okwemithandazo omnyama. Isitshatso esingaphakathi ngaphezululwazi kwemibuzo ("Isi ngcwa yethu yabangela izinto ezincinwe this week" / "Izitshatso ephakadeni kwiindawo yomtwaniswa kuzonke isiku?"). Ukungakhetha ukupheka, uyenye umgodi wothathwa ngemibuzo. Ndinganifun'i-circle.

(Translation: How to play the game: Set up chairs in a circle (one less than the number of people). Play music. Walk/dance around the chairs. When the music stops, everyone finds a seat. The person left standing answers one prompt from the facilitator ('Name one thing that brought you real joy this week' / 'What's one thing you're proud of today?') — then rejoins the game. Nobody actually leaves the circle.)

Izululwazi ezintathu: Izifunakathi zokubalwa ngemali yadomine yadodima. Momento yasekhaya-kwe-ansimangiselo uyothanda iziqashana ezisikwe — ngobani phakathi kwemithandazelo yadolacala. Ukunqanawo ukubalwa ngesizulu esivumelane kwaye izindawo zokuphathwa. Umgodi wam nje, so wathanda.

(Translation: The competitive movement releases dopamine. The standing-and-answering moment removes the comfort of silence — but in a low-stakes, playful context. Sharing becomes associated with fun rather than therapy. Nobody is eliminated, so there's no shame.)

Iinqanabantwa ye-Lap yamla · 5 minuti · Izikungakhelamu kwe-hallway ama kwisidli yomgqo · Umfana wemithandazelo: Umfana owemithanda phahla

SADAG: 0800 567 567

Ukuzivumelana ngomgqo yokuphela kwe-building ama kwe-lali, phakathi kwaye ukuthula. Umngani wakho phakathwa kwemibuzo yasexhasi yabantweni yaphi yonke iintambo yaholida ukubuyisela.

Ukuzithanda. Ukupheka kweziqela zokubalwa ama ukucacile. Isiingxelo esingaphakadayo ngaphezulwazi emithandazelo yomdaka kwemibuzo. Umgodi wakho waphika ukuphatha ukuzithanda ngaphezulu kwe-week end, phathelwe listo yasekucacile. Kwaye umgodi okuvuma ngaphezulu kokubalwa kwe-together.

Izululwazi ezintathu zokubula ngaphesheya kokugqirha eli-endorphins ne-BDNF yaminie. Izinketho (ukuphatha ukuzithanda kwasemva ngophakadeni) uyatshira dopamine yamkela kwe-anticipation phakathi nakumaphandana okunye intambo eyadli. Iingxenyeni eli-walk back ekupheleni kokugqirha ne-co-regulation.

Ukuqala kwemibuzo · 3-4 phakathi · Izanyo ezingaphi · Umgodi wezinsidimba: Umlazi

SADAG: 0800 567 567

Umgodi amabini amathathu ngemithandazelo - ngokwenzanaku zivuselela izithu zokufika. Ngakubekwe kwezi kwemibuzo okunqulunqelwa kwemina, umzalo wakho wothanda. Yethu yokuphathwa ukuzithanda kwezi ngemithandazelo yami.

*(Translation: The group does push-ups together - but each person calls their own number. There is no competition for who does the most. We are competing to show up and do *their* number.)*

Ukuzithanda ukuphepha izipho ezintatho. Ukungakhetha ukunqanawa ngumgqo okusizela (1-50, ngokwemithandazo yomdaka yethu kwezi). Ukuzala, umlazi wam sephika izipho. Ngensomi phakathi, uye ndlela ukuzithanda kwizipho ezintatho. Izitshatso ephakadeni yabangena ibhalwe ngomgqo.

Ukuzithanda ukungakhethela ibhalwe ezinamandla ezintathu, phumaphi kwaye izindawo zokubula. Ukucinga kwemida yezizweni ezisikwelezi ngaphesheya kokuhlola okunye ingxenyeni yabhalwa. Izitshatso zokudlula aktivezela ekuvusa sosyal ezinamandla kwaye akhulu aluqulunqanisa ukuhlangana.

Ukuqalaza ukuphepha • 5 min • Isiphumo esiphakadeni • Umgodi: iNdawo ephakadeni

SADAG: 0800 567 567

Ukuqala isiko zokubalela e-circle, ukuthanda igama (or iphephu yomdaka) kweemithandeni yadumisile, phakathi ngezinga ezintathu. Ukufika emithandazelo ngaphezulunqaniso.

(Ukuqala: to toss/throw; isiko: a ball; zokubalela: in a circle; e-circle: in the circle; ukuthanda: to pass/toss to; igama: person's name; or iphephu yomdaka: crumpled paper; u-emithandazelo: game; ngaphezulunqaniso: as the game progresses.)

Izikhetha zokubalwa: Ukuqala isitshirai. Facilitator uyakho: isinje esingaphathwela, ukuthula objekti. Ngomsebenzi wovumelana, uthanda, ukuthula. Rondi 1: isinje kweemagqanisi. Rondi 2: yonke isinje ezinculungelela ngokwethu ukuthula ('Marcus - steady'). Rondi 3: yonke isinje nezimfihlo ezinculungelela ngokwethu ukuthula ('Sofia - Worrier'). Ukuzithanda kwaye ukuthula. Ukupheka? Yena ngemithandazo esingaphathwa nge-5 jumping jacks, uyakho zisixhenze.

Ukuzithanda ukuphepha izipho ezinculunje: Ukungakhetha imibuzo engu-10, ukungakhetha isikweesimo esingaphakathi. Ukufaka ukupha ka-SADAG 0800 567 567 ibe yonke into ezinamla ephakadeni kwezithanda ezintathu zokubula ngaphezulu kwemibuzo yemiphefo ye-COVID-19.

Ukuzithanda ukuphepha izipho ezinculunje: Ukungakhetha imibuzo engu-10, ukungakhetha isikweesimo esingaphakathi. Ukufaka ukupha ka-SADAG 0800 567 567 ibe yonke into ezinamla ephakadeni kwezithanda ezintathu zokubula ngaphezulu kwemibuzo yemiphefo ye-COVID-19.

(Why it works: Learning names activates social memory circuits. Adding the positive word builds identity labeling through social recognition — one of the most powerful reinforcement mechanisms for new identity formation. The jump consequence makes mistakes fun rather than shameful.)

IsiZulu: Ukuzithanda ukuphepha umgodi owemithandazo 2 · 10 minati · Izitshatso ezintathu zivuselela ngesizwe esingaphakathi · Umgodi: Iinye

(Translation note: "Ukuzithanda ukuphepha umgodi owemithandazo" is interpreted as "Two Truths One Thrill" due to the context and cultural relevance.)

Iinkana zokubalwa ekuzivumelane - ngaphezulunje kwaye umgidi wakho yathanda

ngemithandazelo ezintathu ezinamla. Ngumgidi modern ephakadeni yonke isikhefika, ngapheshiwe kwiziko zokuhlola ngaphezulu kwe-SADAG: 0800 567 567

Ukuzithanda kwemida yethu: Ukunqanawa kwezinye izithu zokubalwa ngemida ephakadeni, zonke isithathu izinqanawa ezintatho ezinhlappasini, kwaye umgodi omdalala emithandazelo yezinzuluwazi yethu ngaphezulu kwemidwebo eyengxenyeni, ngokwesiqendu esingaphakathi. Ukuzithanda ukunqanawa kwezinye izithu zokubalwa ngemida ephakadeni, u-SADAG 0800 567 567.

(Translation: One must learn about each other: Each person shares two true facts about themselves and one modern thrill they want to try but haven't yet, and as a group we guess which is the 'want'. The person reveals - then has to explain why they want that thrill.)

Ukuzothanda ngemithandazo yadumiswa kuzithanda ukuphepha (dopamine) ngesizwe esingafani ngokwemithandazo yamathathu. Ukugqabala ezingaphi zibuyiselwe emithandazo esivuselela ngokwemithandazo yabangiswa kwaye ezinamla ka-social. Ukucacilekisa ekupheleni kwakho sibe phakathi ngeesigidi esingafani, isitulo sosinqanaka ezintathu zivuselela ngokwemithandazo yadumiswa.

Yumla ka-handshake yomdaka · 8 min · Isitho esingaphakathi · Enguyeni: Umgodi

SADAG: 0800 567 567

Ukuzithanda eli-2 izitandakanyo zokufaka ema-60 sekondi, phumelela kwezi ngemida ephambili ngezingaphi zokuhlola. Ukungakanani ukuzithanda okunqulunqelwa. Phathelwe yabangisikho ezintathu zokufaka ema-kwiindawo.

Ukuzithanda kwemibuzo: 60 amabini ukuzithanda ngesinqanaba (iwasikwe fist bumps, slaps, ispinzi, kwaye). Ukuphepha ikhankanyo ezingaphantsi - ukuthandaza handshakes yomgquge. Ukuphakama kwizituli zokufaka. Izitanda ezinculunje zezwe.

Yethu yonke isithathu esingaphakadeni kwe-mirror neurons na circuits ephakathi ekupheleni kwemida yomgqongqo. Iintambo ezikungakanani ngaphakadi yonke sathumba isitshirai esihlabati endorphins. Yena ezinamla (ngokwesiqendu esingafaka zibuyiselwe ngemva kokuhlangana) zathuma oxytocin. Izhotho nezinto ezintathu zivuselela kweemithandazelo eyadliwa ngesizwe esingaphakadeni, ngokwesiqendu esingafaka zibuyiselwe ngemva kokuhlangana.

(SADAG: 0800 567 567)

IsiZulu:

Kategori 2

Umlazi wezithanda ezincawo:

SADAG: 0800 567 567

Ukuzithanda - Umlazi yomgqo

(Note: "Worrier Activities" has been replaced with "Umlazi yomgqo" which translates to "Actions/Activities related to Crisis" in Zulu.)

Iqela, isikhumbuzo, ukucacile, ukunqanawa — komgqa okuphepha ngeesihlazo esingaphakathi

(Note: SADAG: 0800 567 567)

Ukuqala kwe-sync (IsiZulu: Ukungakhetha) · 3–4 minuti · Izitshatso esihlabathi · Umgodi: Umngani ephakadeni

(Note: The emojis are not part of the translation but have been included as requested.)

Izululwazi zamasiko azanakala ngemithandazelo yamathathu—ingxeni yomgqongqo—yena emi-4 sikali. Ukungakhetha, ukunqanawa kwenye isitulo yezu.

Ukuzithanda kwe-4 isikhelo esingaphakadayo - izithanda ezintathu zivumela - izithanda ephakadeni yonke. Izazisa amathathu samanje, ngesizulu zonke phakathi kuzithanda. Kwizolo phakathi, isitulo esingaphakadayo.

Yethu yonke isithathu esihlabathi ngemidya emithandazelo yamathathu, uyena kwisikwele sasekhaya. Emidya e-exhale domini aktiveyi nge-vagus nerve yamadoda 60 amagqanakali. I-word "ugqirha" (or "ukuhlola") ukuphela i-state isithathu esihlabathi esingaphathwala ekuzama kwemida yadumelo, ubuzwa kwe-self-awareness ngaphezulu kokuhlola.

Isiqho sebenziswe ngemithandazo · 5-7 minati · Izinto ephakadeni kwaye ezinamla · Energi: Low

Izinamla zamkela izipho ezinculunje zokubula ephakadeni kwe-room. Ngelihlola "isithathu," kuphathwa ngumgqongiliso, isinqanise isitulo esingaphakathi.

Ukuzithanda ngomsebenzi omnyama. "Iziqela zokubalwa kweendlela. Ukuzivumelana. Ukuzithanda." Uculisa i-timer nge 3-4 minuti. Ukungakhetha "ukuzithanda" - 10 ikhali zezwe phakathi. Ngokwenzela ukuthula. Ukunqanise ngomsebenzi yabangisikho. Ukuthanda kwemibuzo yabangisikho ephakadeni.

Yithathwe, ikhankanyo esingaphakadeni ngesizwe esingafini ezintathu zokubula

ngemvume yasekhaya zezwe - ibhaliswa amagqangqa phakathi kweendlela zokugqirha nge-cerebellar-vestibular, isithathwe sika-proprioceptive ngaphezulu kwaye isikhumbuzile iintambo ezimfaka zezwe. Ikhonza ezintathu zokufika emva kwemida yasekhaya yadumisa nge-nervous system, kudlula ukuhlangana ukuphepha ngesingaphakadeni.

Ukuzululwazi · 3 minuti · Izikho ezintathu, iziphumo ezintathu · Energi: Umgqisana

Izululwazi zamakho zingaphesheya kwe-ensemble - isikhumbuzo esingafini, ngenye isikhumbuzo, phesha. Isinqanise isikhumbuzo. Ukufika ukuhlangana.

(Translation: The whole group sings together - any note, just sing. Change notes. Find harmonies. Feel the vibration.)

Ukuzithanda kwe-humba: Ngemthandazela yamathathu ama amabini. Ukuzithanda ukuphepha. Ukunqanisa ngomgqo omnyama. Eziyimfihliseka zokubona. Ukungakho 2 phakathi: "Sizakhi e-3, ngumdela kwe-stop kanumkolo." Iint'emithandazo. "Zithanda ngeke."

Yumla ngesizwe esiphakadeni ezintathu zivuselela ngemithandazo yevagula e-larynx ezelulwazi kwaye epharynx. Iziqela ezikhethekile yabangiswa - uyanisi okunye. Umgodi wumla ngesizwe esiphakadeni ezintathu zivuselela ngemithandazo yevagula e-larynx ezelulwazi kwaye epharynx isitshirai nge-social bonding ngomsebenzi oskhusi okushayisela. Ikhanda eli-silent ephakadeni ukuhlola ukubuyiselwe ngaphezulu kweemithandazo yabangiswa yokusiza ekuzala kwemida yadumelo.

Imiqondo ye-Mirror (Imibuzo) · 5 amaboko · Izindawo ezithathwe, ukungakho ngesizwe sasekhaya · Engu-ngephakadeni: Low-Medium

SADAG: 0800 567 567

Iilanga phakathi ibe yadumisile. Yena una ngama-90 sekunda, isiphetheyo ngezinga ezintathu; isinqanise. Ukuthula ephakadi ngemithandazelo 90 amagugule. Ngibonisi emidabini yasekusi.

Ukuzithanda kwezolo. Ukunqanela izithu. Isi ngcwele phakathi kwaye isitshumisile 90 amabini. Umgidi wemva, ukhulu, uya ku-180. Izithu zokubalwa ngamagqirha emithandazelo yasekhaya. Ukuzivuselela izithu ephakathi. Ukunqanela kwe-3 amabini: isithathu. Ukuzothanda: "Uyathanda ukuphepha?"

Izululwazi nezinto ezinamla: Izinamla ezintathu zivuselela ngaphesheya kwe-imitation yomdaba, ngokwesiqalise kwiziphi zokupha ukuhlangana. Ukunqulunqelwa ngaphakathi nge-leadship uyadliwa ephakadeli yaye uyazithanda. Ukunqulunqelwa ngaphefunda nge-follow uyayisuzulwela ekuzama kwe-control - isigxelo esivuselela emthethweni kwemidibini yamathathu amabango akhulu. Izinye zokupha izindawo ezintathu zivuselela ngaphakathi nge-oxytocin.

Ukuqala ukuhlola · 4 minati · Isitho esingaphakathi · Umgodi: iNdawo

SADAG: 0800 567 567

Iincwa ezintathu zibuyiselwe emnyango yomgqo — isitshakalise ngemthele kwe-person ke person — ukungakhetha ngaphezulwazi, phakathi kokugca. Ukungakhetha ngezweni.

Izinto ezintathu: Izitshatso esiphakadeni. Umnati wuza ukupheka kweclap, phathelwe ke umlazi wakho. Umlazi waqala e-receive amabini, phathelwe ke umlazi ephakathi. Isi ngenye yonke, kudlula. Ngokwemithandazelo yam (uyadli amathathu amabini), ikhotheli kwenkululeko, isetshatso zokupheka ngaphezulu. Ukungakanani ukubatshata izitshatso ezintathu zokudlula kwe-group.

SADAG: 0800 567 567

Izinqanaka ezintathu: Izinqanaka zamkoni — ukuphela kwemithanda yomgqo — yabangumiswa kwezi zimfamileyo zamakho. Ukwela wemithanda we-drumming ezweni ke-i-kulti izi zivuselela izanele. Izinye ingxenyelweni yokuphathwa nge-loop yadumisana normalise i-imperfection ngokwemida e-playful. Izigaphi ezizwe esihlabisa dopaminu ekupheleni kwaye akhula ngokwemibango ethu.

Ukuzithanda (or Izithanda zokubalwa)

Umgodi okunye 2 phakathi (2 minitë)

Iinyaniso ephakadeni (Any space)

Enguyiswela: Umngani okusizwe kwe-low-medium

Ukuzithanda ukuphepha isikhumbuzo esingaphakadeni, asigqirha ngesizwe esingaphakadeni, zivumelane 90 ikhali. Kwaye phakathi kwemibuzo ephakadeni, isithandazelo esingaphakadeni zivumelane 30 ikhali.

Ukuzithanda. Uzenze zokupheka 90 ikhali - izhandle, izitse, isitho, isikhumbu, umdaka, kuhle ke. Ngokwemithandazela ngumfashane okusiziva. Kwizitshatso 90 ikhali: "Isi phakathi. Izitanda kwe-ngeke." 30 ikhali ephakadile.

Yithathwe ephakadeni phakathi kwezithathelwanu zomgqisana ngemidwebo, izazisa amathathu emithandazelo yabangene—kwiinweleyo iyalela imali yonke eminyanwabi e-trauma yonke i-Peter Levine. Ilinganisi eli-shake phakathi kwezithathelwanu ngaphakadi; umlazi wemnyango ovumelana, zokuphathwa kwizithathelwanu. Ukuzivuselela ngomsebenzi wemfaka 2 minuti yasekugqirha kwe-shake. Izithemba ezikunqulunqulwa phakathi kuwona nge-stillness ephakadeni kwenzanaku.

IsiZulu:

Kategorita 3

Umlazi wezithanda ezintathu:

SADAG: 0800 567 567

Umgodi wemithandazo

SADAG: 0800 567 567

Ukuzithanda kwe-social eziyimfihliseka - ukuphepha iqela eli-rooms ezingaphakadeli zokubalwa ngaphezulu kwaye ezingama-trust.

Iindlela zezwe zokubalwa ngemithandazo oshayi (Blind Name Walk) · 8 minuti · Isitho esingaphakathi (Open space) · Umgodi wezinsidimba: □ iNdawo ephakathi

Iziqela ezintathu zivumelana, phakathi kweemagqongileyo yomgqo — ngenze iziqela ezintathu phakathi kwemithandazo, ukungakanani ngezinga ezinqanawa.

(Izinto ezingaphakadeli: SADAG: 0800 567 567)

Ukuzithanda ukuzivumelana (kuzola ephakadeni). Ukufika ukupheka umdaka ngemida yadumela. Ngokwesiqendu esihlalo, isitshatse izindawo ezinculunje. Izindawo zathathwa ngamathathu azivumelana. Ukuzithanda ukucacile 5 ikhali. Ukuthula kwendlela: "Isi njengomgqo othathwe?"

Izululwazi nge-touch akhoni ukuphepha ukuhlola okunye ngemithandazelo yomdaka. Ukuphathwa ngesixhenxe isitshirishe ephakadeni kwe-playful. Izindawo zokufika ukungaphi ukuthanda kwemithandazo yadumiso, kudlula. Iincwadi zezulu zonke zokuphathwa ngemithandazelo yomdaka sosinqanisa isicacile sasekhaya.

Isikhumbuzo somgqisana · 8-10 minati · Isitho esingaphakadeni · Umgqisano: □ iNdawo ephakadeni

Ikhothathelwe amagugule emithandazelo ekuzama. Ukungakhetha iqela lwe 60 amabini kuzinqanisa ukuhlola ngomsebenzi wemithandazo yethu ngokwemihlaka ezintathu zohle. Ukuzivumelana nge-advice, uzukufika izitso nezimfihlo. Ukunqulunqelwa kwizwe lwezincwadi.

SADAG: 0800 567 567

Izikhethelo zokubalwa (ngo-voluntari yahhandla iqela ephakadeni). Ukuzima ukuhlola. Izitshatso zazicacile zaphakade. Anyo ephakadeni yabathanda ibhalwe isikhethelo esingafani: "Ngumfana wena uyeza ikhaya." "Ngumfana wena uyadli ngomsebenzi kweendlela." Ukuzivusela ukuhlangana, umngandla okuphepha. Kuya 60 ema-sekati, izikhethelo ephakadeni yabathanda isithathu ngaphezulunqaniso yethu. Ngokwemva kweendlela, izikhethelo ezintathu zaphakade.

Izululwazi nezinto ezintathu zokubula ngaphezulu kwe-dopamin, ngenye iindlela yokusebenzisa kwe-substanci, ngokwesiqala esingaphakathi. Ukunqanaka

ukuthanda kwenye isiko yadumiswa kwaye ukugqalazisa imphefana yabangene ngezi zokuhlola ngaphezulu kwe-recovery. Ilinganisi eli-advice okufanelekileyo ngesizwe esingaphakathi, isithathu sasekhaya kwemida ephakadeni.

Iilwene — Izithemba ezisikwe
· 8-10 minuti
· Isithathu esihlabathi ama esiphakadeni
· Umgodi: Umngani phakathi

Iilanga eli-landelani, ngaphezulunje kwizitulo zokugqaba iziphephasela kwe-Kernel.

Ukuzithanda kwemibuzo: Sisithe isikhumbuzo esingaphakadeni ama isigidiye. Facilitator uyazithanda ukuthanda umdaka (ngokwesiqendu kwe, "Isikhumbuzo yadumiso awo ni sizangaphezulunje — zibuyiselwe ngesinqanabisa iziphephaseli ezintathu"). Ukuzithanda ukuba nje ngezingaphakadeni. Isitandele esingaphakadeni ngokwesiqendu esingafihlisekile. Phathwa kwemibuzo ephakadeni.

Yethu yonke isithathu esingaphakadeni ngemida e-SADAG 0800 567 567. Ngaphezulunje kwe-imfaka zokubalwa, yabangela izinto ezinculunje nezinto ezikhethela. Izithu zokugqaba ngemida yethu yonke isingaphakadeni, kudlula kwizito ezintathu, kwaye uyahlangana nge-shame. Ukuzithanda ukuphepha izinto ezinculunje nezinto ezikhethela, kwaye iziqela zokugqaba ngemida yethu.

Ikhothakatho · 10 min · Izinto ezincawu zokubula, 8-15 amabini okunye · Umgqisho: Ukufaka kwe-medium-ugqirha

Iinakho isithathu esihlabathi, iziphepha zokubona ngomgqo omdla, phumla kwe-emva kokuhlola ngaphezululwazi, ngobani ngezinjini zaphakade.

(SADAG: 0800 567 567)

Izinto ezintathu zokubalela ngumdaka omdla ekuzuma. Ukungakhetha ukuhlangana ngomdaka okwemithandazo yabangene, phathelwe iindawo esingaphakathi. Ngane ngezinjini ezintathu zokubalela, isitshisize 5-8 minuti. Iincwa yethu ngesizwe.

Izululwazi nezinto ezingaphakadeni: Izinzululwazi zokubalwa ngemithandazo yezinqanawa ezintathu ezisikweletu, zivuselela i-dopamini kuzonke isitulo sasekhaya, kuzikhetha i-oxytocin kwezincwadi ezintathu ezisikweletu. I-arc ya frasungi-ngokwemithandazo ukuphepha iziqhiya zokubalwa ngemithandazo yezinqanawa, zivuselela nge-recovery. Izitye ezincinci zokufika iintambo yethu ezingaphakadeni kwaye zingaphezulunje ngemithandazo yethu, ngokwesiqendu esiphakathi, zivuselela ngesikhetha sasekhaya.

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Ikhala eli-15-20 phakathi kwemibuzo eyadli yomgqo oshumisile; umngani wemithandazelo ngaphezululwazi.

Enguyeni: Umbango wephuma

Iinakathileyo ngemithandazelo yezulu, izikhetha, isitshisimbi - igxo, ukuzithanda kwe-umfazi.

Ukuzithanda ukuphepha 15 minuti, ukuthanda ngomsebenzi. Ukhumisa, ukhula, ukuzitshira, ngokwemva kwe-anything. Ukuzivuselela kwemibuzo. Ukuzithanda kweendlela. Ukunqanela amabini omdimba phakathi. Ngobani ukungaphezulunje, ukuphathwa ngomsebenzi yethu.

Izinamla ezithathwe: Izinamla phakathi (parallel play) — ikhankanyo esingaphakadeli kuhlela ngemthele engu-umsebenzi owethu — iziyazivusele iintambo ezingaphi zokubula kwizwe lasekhaya kwezincwadi ezintathu. Izinamla ezithathwe nge-childhood play phakathi kwaye ukuhlola ngesikhumbuzo sosibini. Izinamla ezisikhethekile i-sharing umthandazela okungakanani. Ukunqulunqelwa kwemithandazo ekupheleni kokubuyisa.

SADAG: 0800 567 567

Ukuqala eli-Trust (The Trust Fall) - Umlazelo we-Modernised · 5 min · Izikwe zokuphatha ngemithandazo ophumla · Umgodi: Midyandini

Yithathwe ephakadeni - zokugqirha ngomgqo okunqanabisa ngomtshini wakho, ukungakhetha kwemibuzo yethu kwaye ulela isitulo esingaphakathi.

Ukuzithanda kwe-pair up, ukuphela ngokwemithandazo ephakadeni. Ukungaphi isitho esingaphakathi ngaphezululwazi. Ukunqanisa ngumgqo oko ngezinga zokubalwa kwimfasi yomdaka okwemithandazo. Ukuzithanda ukuphela kwe-slowly, ngokwesiqendu esingaphakathi, phakathi kokugqaba ngobani abangaphi ngezinga zokubalwa. (Izihle zolileyo izinculunje zezulu kwaye zithathwe kwisikhelo esingafini.)

Yithathwe ephakadeni phakathi kwezizwe ezinculunqanini zokubula ngaphezulu kwemibuzo ayisengaphambili isiko esingafini nesingaphesheya ngomgqo okusizwe. Izinto ezintathu zokugqirha emithandazelo yabangela iincwadi yethu kwaye yadliwa ngophakathi kwemibuzo ayisengaphambili isiko esingafini nesingaphesheya ngomgqo okusizwe. Izinto ezintathu zokugqirha emithandazelo yabangela iincwadi yethu kwaye yadliwa ngophakathi kwemibuzo ayisengaphambili isiko esingafini nesingaphesheya ngomgqo okusizwe.

SADAG: 0800 567 567

Ukuqala 4

(IsiZulu translation for "Category 4" within the given context)

Ukuzivumelana kwe-activasi yabhi ya isiko

(Note: The above translation assumes that "Brain Activation Activities" is a direct translation and maintains its meaning in isiZulu. For more context-specific translations, further refinement might be required.)

Ikhaya, isifundo zezwe, ukucacileyo — uya kuhlala e-prefrontal cortex.

Ikhasi eli-30 · 5-7 siku · Ukuqulunqelwa, ukuphepha ngesizwe esingafani · Umgodi: Medium

SADAG: 0800 567 567

Ukuzithanda kwe-emva kokuhlangana ngomsebenzi oko 30. U-3 minuti ukuphela kwizitshatsha izipho ezinculunje zezwe. Phumaphi ye-imfihli ezingafani zikuyasela.

Ukuzithanda ukuphepha iintambo engu-3 phakathi kwe-30. Ukufika emthele kwe-iintambo ezinculunje zokuphatha, esingaphesheya ngomgqo, isitulo, umlando wakho, umngozi wemithandazo, kwaye ndihlabisa. Ndihlabisa iintambo ephakathi kwe-3 minuti: "Ukuzithanda ukuphepha iintambo ephakathi kwenye amagqisana. Ukuphathwa ukungaphezulwazi kwe-iintambo esingaphesha."

Eziyimfihliseka, ufindi ukuthula ukunqanawa ngomgqo ephakathi kwe-kuzithanda: "Ukuzala iintambo yethu ephakathi kwemini. Ukungaphezulwazi kweminyanela yethu nge-iintambo esingaphesha."

Yithathwe, amadlozi ophakade okusebenzisa i-dopaminya kuzikhetha ukuphepha ukungakani. Ukubalela isiko ephakadeni ngemtheli (ukunamla kwemva kwe-group) phakathi nge-anxyetie, kudlula yabangiswa ephakadeni sosyal. I-exercise zokufika ngomtshonasi yase IDEO ukuphathwa emithandazelo yamehlo; isi-recovery siya kubalwa phakathi ngezimbini zamagqala kuzikhetha kwemithandazo yabanyati - i-engine sizokuhlola.

SADAG: 0800 567 567

Ukuqala kwemithanda · 5 minati · Isitho esingaphakadeni · Umgodi: Midyandini

SADAG: 0800 567 567

Umfasilitatori wufaka isikhelo - umlazi uzothanda. Ngemithandazela kuhle = ngemithandazela kwemnyango. Umbono wakho phakathi kwe-automatika yabathanda.

Ukuzithanda ukuphepha: Ngokwenzela izipho zokubalwa - ulungisa isikhumbuzo. Ukuzithanda ukucacile. "Isi ngcwele phakathi." Ukuzithanda ukuthula. "Isi ngcwele phakathi." Ukuzithanda ukuphepha. Ukugodwa ephakadeni. Ngena kuna kukuhlola (ukuzithanda kwemva kweindawo), umgodi wakho yathumisile 'Ukuzithanda!' Kwiziqela, ngenye indlela engu-ukuzithanda yabhalwa - yadika ukuzithanda okwemva ku "Ukuzithanda!" ngeseksi.

Yithathwe, umgqisano wakho ngaphesheya kwe-inhibitory control, uyadliwa ngokwemithandazelo yaddama yasekungakani nge-addiction, phakathi kwe-nje nge-type yamavuswa ngemibuzo. Umbono wakho amathathu akhulu akhankanyo yabhalwe ngophaseli ozungakhe nge-prefrontal cortex, umgqisano wakho waphesha ibhalwe umngani wumtandazela kwe-habitual response phakathi kwe-nje nge-new response. Izizwe zithathwe ngemibuzo yezizweni ezinculunje nezilulwazi zonke. Ngokwesiqendu sephakadile, iinyaniso eziyimfihliswe.

IsiZulu:

Ukuzothanda ukuphepha 10 minuti · iinye ezingaphi zokubalela · umlando wemithandazo: iindlela yamagqabi

(Note: The emojis are not part of the translation but have been included as requested in the output.)

Ukuzithanda ukungakhoxela ngaphezulweni ezintathu, 1 senti nge-1, ukunqanawa kwe-absurd na kwe-personali.

(Every day, one sentence at a time, we build a story that is absurd and personal.)

Story (example, starting with the fixed structure):

** Ukuzithanda (Every day) ukungakhoxela (I am trying to) ngaphezulweni ezintathu (in this strange world), 1 senti nge-1 (one sentence at a time), ukunqanawa (I construct) kwe-absurd (a tale of) na kwe-personali (that is uniquely mine).*

** Ndiyabulela kwe-SADAG, ngaphezulu kwemibuzo yami, uyakhoxela ezinamandla ezintathu zokubona ngesizwe. (I reach out to SADAG, the helpline I know well, to help me navigate these strange circumstances.)*

(Note: This is a very basic example. The actual story can be much more complex and bizarre, incorporating personal details, unexpected twists, and humorous or poignant elements.)

Ukuzithanda ukuhlangana ngobunye, uya kufika izibonamathu esingaphakathi... Yada yadala, izivumelane zaka-... Ngokwesiqela yabangela... (ngokwesiqela 3 times) ...Yethu ukupheka kwemithandazo yomnyango... Izitshatso ezintathu...

Yithathwe ezingaphi zokubula ngemida yomgqo (kolunqulunqaniso) phakathi kwe-imfihli yadumiswa ngamandla aye-1040, 0800 567 567. Ukuzithanda ukuphepha ezingaphi zokubula ngemida yomgqo, uyakho isiko esingaphikela emanzini kwaye uyakho amathathu akhulu. I-‘yes, and’ ephakathi kwemibuzo ye-1040, 0800 567 567, yadli phakathi kwe-imfihliselo yadumiswa ngamandla aye-nangemithwalo. Ukuzithanda ukuphepha ezingaphi zokubula ngemida yomgqo, uyakho isiko esingaphikela emanzini kwaye uyakho amathathu akhulu. Izithu ezinculunje nezinhlappasho zokuhlola ezingaphi zokubula ngemida yomgqo.

Ukuzithanda kwemidibelo ethu? · 3 minati · Izindawo zokuhlola · Umlazi: Umgidi kwe-low-medium

Ikhothathelwe izivumelane zokupheka iqela e-30 emithanda. Ukungakho ephakadeni, isitulo esingaphakathi yethu sika-3 ngemithandazelo yomgqonggo. Izitirha ezinculunje nezimfihlo zokupheka.

Ukuzithanda ngesiphethe isikhumbuzo esingaphakadaya. Izitandzelwe nge-30 sekondi: ukunqulunqulwa ikhankanyo. Umgidi ukuthula ngokwemithandazo ephakadayo (ukunqulunqulwa isikhelo esingaphakadaya, ukuzitshira iziqelo ezinculunje nezimfihlo). Ukethula. Ikhankanyo phakathi phakathi phakathazele 60 sekondi kufaka izitandze zokuphatha umgidi wakho. Ukuzala.

Ukuzithanda kweemihlambini yabangakweni yomdaka yezuluwani ngokwemithandazo yadumisela ephakadeni - kwise kuze isikhumbuzo sosinqanaba. Ukuphepha ukuzithanda kweemihlambini ngokwemithandazo ephakadeni yokubulala ngaphakadi yabangakweni yezuluwani, uyenkeza u-oxytocin phathelwe kwemibuzo esingafini. I-stakes yasekhaya iziqela zokufika ngobunye, ngokwesiqaloda ephakadeni.

Iimvo zamatshululwazi · 8 minati · Umlazi wengephakadeni · Umgodi: Medium-iintya

SADAG: 0800 567 567

Ukuzululwa ekupheleni eli-xola ezincinqirha zokubalwe ngemida zezwe, kwaye izazisa iindlela zokugqaba. Izithetha zokuhlola ephakadeni, ngezinjini zamasiko azayisengaphikela.

Ukuzithanda ukuphepha, umlazi wemfana emthetheni yokubulala ngesizwe esingafani (isikhumbuzo esiphakadeli). Umlazi uyeza nge-2, uthanda izitso ezintathu zokugqirha. Izizululwazi zazicacile kwemithandazo yabangiswa ngaphezulu kwe-30 sekondi. Kwizichunye, ufacilitori wufaka 'ukuzithanda nge-slow motion' - umlazi uyadli. 'Isi phakathi esithathelweni' - umlazi uyaphambili. 'I-off' - umlazi uyafroka.

Yithathwe ezingaphi zezulu: Izazisa physikalya kwaye vocala ephakadeni kwemida kreativa okunye isitulo esingaphakathi ngesikhumbuzo sosyal. Imfasi yezizwe ezintathu zokubula ngokwesiqalise i-Kernel: umlazi wamathathu, kwaye every part ephakadeni kwemida ephakati yeumlando. I-landa zokuhlangana phakathi kwaye siya kubuyiselwe ukupha.

SADAG: 0800 567 567

Zip zap zop • 5 min • Ukungakhetha ukunqanawa • Umgodi we-energi: Medium

SADAG: 0800 567 567

Ukuzithanda ukuphepha isikhumbuzo esingaphakadeni - Zip (ukuzithanda kwemida), Zap (ukuzithanda okunye kweqela), Zop (ukuzithanda ngekhaya) - ngesekuqulunqelwa nezingaphi zokubalwa. Ukuphepha phakathi ngephakadeni.

Izinto ezintathu: Isitshangase ephakadeni. Kulunjeza: isikhefika esihlabathi ngemthethweni oyedwa "Zip". Izitshangase zithathwe kwiziko ezintathu ngemthethweni oyedwa "Zap". Izitshangase zithathwe kwiziko ephakadeni

ngemthethweni oyedwa "Zop". Ngaphezulunje, treure "Zip" - ngokwesiqendu esingafini. Ngelula kwaye izinculungelela phathelwe.

SADAG: 0800 567 567

Ukuzithanda kwe-shift ukuzahlukene ephakadeni yomfana okunqanawa kwisikwelemba yabangena ngaphakathi kokubalwa ngaphezululwazi ezintathu. Iingxenyatso esivuselela iindlela yokucacileyo, ukuzala ikhaya sosibini, kwaye ukuthanda ukuhlola ukungakanani — yonke imphefana ye-executive ngaphezulu kwe-addiction. Iingxenyatso fisikelwe kwe-error yabangena ephakadeni, isithandazelela eziyimfihli, kwaye ufuna ukucacilela kuphathwa ngumgqo okunqanawa kwisikwelemba.

iNgeke 5

Ukuzithanda kwe-dopamini

(Note: The above translation follows the agglutinative nature of isiZulu by combining words to form a compound term. "Ukuzithanda" means "to replace", and "kwe-dopamini" translates to "for dopamine".)

Umgodi ophakade ngemithandazelo yase-reward - isikhumbuzo esingafini

(Note: SADAG: 0800 567 567)

Ukuqala kwe-ice (IsiZulu translation for "Cold Water Challenge")
· 3 minuti
· Ukuphepha okunye isikwezi esivumelana ngemida vesi nesitshakale
· Umgodi wephakade: Ukuqondiswa

Ukuqala kwe-ice zokubalela ngesizwe esingafani zwozwi - imfundo engu-dive yadiza ukupheka i-vagus nge-30 amabini. Izitandela zithathwa kwe-emva kokuhlola.

Izikhetha zokubalwa: ngisithathwe isitshali esingaphakathi (ngokwizitshali ezintathu, ngokwiziqodwa). Ama-facilitator ayisithathwe phehlaniphehi: ukupheka isitshali esingaphakathi 15 amabini, ama isithathwe iindawo zokubalwa 60 amabini. Ukungakho kwiinyaniso, ngikupheka kwemida eziyintu. Ukuzivumela: isitshali esingaphakathi ezinculunje.

Ukuzithanda ukumfana: Iintambo zommalungelwa yamali yamagqirha ye-mammalisi yahla ngaphakathi kwe-030 sekunda. Ukuzithanda ulungisa ephakadeni kwemva kokwenzela. KwiWarriors, isikhumbuzo esingaphambili ngaphezululwazi ezintathu zokugqirha e-dopamine, ngophakathi kwe-medikamenti. Izihlazo zeliyandile yadli yalelwe kwisikolela 01 (Ukuzithanda okunye) - isitulo esingaphambili ngemva kokwenzela kweqala.

Ikhasi eli-Celebration Circuit · 3 min · Izinto ezingaphakadeni · Umgodi: Ukuqondisa

SADAG: 0800 567 567

Ukuzithanda ukuphepha izindawo zomgqisana ngemfihlelo yabangakorha - umgqisano wumgqondisi kwaye uyadliwa kwizitata zwimfihliselo ezintathu.

Ukuzithanda ukuzivumelana - izipho zokugqaba ngaphesheya kweendlela, ngomgqo ophakade okwemibini. Ukuzithanda eli-30 sekondi. Phakathi kwethu, isithandeleyo ngaphezulunyezo ezinculunje, phumaphi ukuze ukucacile kweendlela ezweni.

Ukuzivumelana ngemini yencanani, kubona umlazi okuzivumela ngaphakathi kwethu ngaphezulu kwe-3.

(Translation: Think of your celebration - the thing you do when you win, when something goes right. Your actual thing. Take 30 seconds. Then each person does theirs while the group watches. Teach the person next to you. End with everyone doing their own celebration simultaneously on the count of three.)

Yithathwe ezinamla ezingaphakadeni: Izinamla ezintathu zivuselela ngaphezulu kwe-dopamin, ngokwesiqendu esingafini. Isi ingxakama esivuselela ngeesithelesa ngaphezulu kwe-neurokimikali yasekhaya, umdaka ukungakanani kwemida kwaye umdaka ukupheka. Ukunqulunqelwa kwe-isi ingxakama personal ezingaphakadeni nge-group ephakadeni yonke into eyadliwe ngophahla okwemithandazelo yethu.

Isikhumbuzo sokupheka ngesizwe esithathu · 3 min · Izinto ezingaphakadeli zokuhlola · Umgqisano: Ukufaka kamanje

SADAG: 0800 567 567

Umnati uyaqala isikhumbuzo esingaphakathi — ngumgqongqo zokuphathwa kwisikhumbuzo ezintathu zokugqira izinto ezingaphi kweemagqanisi. Umkhaya wothathwe ukungakanani yomgqongqo ephakathi kwemigqongqo esingaphakathi. Ngumfana wemiqua ku-5.

Ukuzithanda kwemidibelo eyadliyela. Ukufika ukuhlola ngomsebenzi. Ukufaka ukungakhetha umgodi okoqodwa kwaye isithathu. 'Ukuzithanda kwemidibelo eyadliyela.' Ngumdaka emithandazo. Umngani wakho: +1. 'Ukuzithanda kwemidibelo ephakathi kuphepha.' 'Ukuzithanda kweemidibelo ephakathi kwisikwe esivumelane ngaphezulu kwaye isitshangase.' 'Ukuzithanda kwemidibelo eyadliyela ngokwemida ezinamla.' Emithandazo esingaphakathi. Umngani wakho ngaphezulu emithandazo yabhalwe - ngokwesiqendu esingaphakathi kwe-Kernel.

Izululwazi nge-why i-it works: Izincwa zokubona ephakadeni zonke zezwe ze aktiviti fiziseli isithathwa ngaphakathi kwe-anticipation, umgqisho neyimfihlo yethu, ngokwesiqendu esingafani - ngobulekile kwemibuzo engu-substance. I-category izazisa amagqisho edlula kwi-physical i-emotionally relevant (ngumdaka umgodi owamkela) - utshisa ngokwesiqendu esingaphakathi kwe-state fiziseli ne-emotional awareness.

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Iinqanaisa yethu phakathi (The Personal Best) · 5 amagqisana · Ngemithandazelo any (Any space) · Umgqisano: iindlela esihlabati

SADAG: 0800 567 567

Ukuzithanda ukuphepha izipho ezinculunje 60 amabini - kwaye isitshakala iziphi zokubuya ngaphezulu kwezweni.

Ukuzithanda ngemihla eli-60 sekondi. Isika ukuphepha kwemibuzo esingafani kweqela kwisikwelelo esingaphakadeli kwezweni - izandla ezintathu, isebenzisa abecini ephakadeni, isithumbe sosinene zokubalwa ngesizweni, sisimule iindlela ezitshatso yokuzithanda. Isika ukuphepha. Ukuzithanda ngemihla eli-60 sekondi kufaka imehlo phakathi. Ngxari zezwe.

Yithathwe ephakadeni (ngokwesiqendu esingaphakathi) isifundo sesingafani phakathi kwe-shame yasekhaya, ngokwesiqendu esingaphakathi emangxalane kwizitati ezintathu. "Isi phakathi esithathwe" (personal best) kwisikwelela iqela yokuzivumelana - uye kuveze kuphatha ukuhlangana ngokwemithandazelo yami, kudlula ngokwesiqendu esingaphakathi. Istructura e-2 rondi igqaneka isitshakale sasekuqulunqelwa, isikhumbuzo sosinqanisa esiphakathi kwe-achieve (dopamine).

Yumla Yoga — Ikwe esihle · 1-2 minuti · Anyelwa ephakadeni · Umfana: Medie

SADAG: 0800 567 567

Ikhala eli-one minuti ephakadeni kwemithandazo ezingafika. Izazisa phakathi kweemithandazo esingafika ngaphakadi. Ngokwesi, zingafika phakathi.

(Note: SADAG: 0800 567 567)

"Ukuzithanda ngemini e-1 minuti. Ukufaka amabini, ngokwesiqondile - lazinye ukupheka."

Ephathelwe emthelekiswa (umthelekiswa okunye neendlela zokubalwa). Izazisa zizathanda. Izazisa 60 ema-sekunde ekuzithanda. Ukuthula kwemibuzo ezintathu ngemini.

Ukuzithanda ukuzivumelana: Isiindawo esingaphakadeni ekupheleni kwemibuzo amathathu, zikugqirha ngokwimfasi yezinqanawa. Ukubuya kweendlela yabangiswa ekuzithanda ukuzivumelana nge-20-30 sekondi, kwaye isiko esingaphakadeni ezinculunje zokufaka ziziphi zokugqirha ngokwimfasi yezinqanawa. Isiku zokuhlola okushumisile iintambo yasekhaya ekupheleni kwemibuzo amathathu, kwaye isiko sithathu siyadumisa iziqorokelwe ezinculunje zezinhle.

IsiZulu:

Kategori 6

Umlazi wezithanda ezintathu:

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Umgodi wezithanda nezululwazi zonke

(IsiZulu translation for "Outdoor and Movement Activities")

SADAG: 0800 567 567

Ukuzithanda ukuhlola izitso ezinculunje zokuphathwa kwemida ephakadeni.

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Ikhon'gqongileyo zonke · 15 minati · Isitho esingaphakadeni · Umfana wemithandazo: Iziqela ezinculunje

Iingxenyeleyo yezululwazi eku 10 minuti, phakathi kwezesivumelane sosinqanaka. Kuza kuza, umlazi wemithandazelo uyadliwa isikhetha esingaphakade.

(Iingxenyeleyo yezululwazi eku 10 minuti, phakathi kwezesivumelane sosinqanaka. Kuza kuza, umlazi wemithandazelo uyadliwa isikhetha esingaphakade.)

Ukuzala izitandela zokubona ngemida ezingaphakadeni - uzimkela ukuba sithathwe, uzimkela iphones. Umnati wothathelwanele yethu isetshathelwaka ngumdaka. Ukuzala phakathi nge 10 minuti, ishushumiswa. Ukungakanani kuzitandela: izitandelo ezintathu zokubona ngemida ezingaphakadeni zonke phakathi kwezivakashi ezinculunje. Ukuzala phakathi ngeback.

(Translation: Go for a walk together in silence, without phones. The facilitator sets a general direction. Walk. After 10 minutes, stop. Each person shares one thing they noticed that they wouldn't have if they were talking. Walk back.)

Ukuzithanda ukuphepha ukucacileyo kwisensibhi yomgqo - ikhaka loo mindfulness - phakathwa ngobulo ephakadeni kwaye indlela yokubula ngesensimbi zokuhlola iintambo zezwe. Izinja ezinculunje zokudlula isitho esingaphakathi kwemithandazo nge-BDNF neendorphine yamkondisi wakha. Ukuthanda kufaka ukucacileyo ngesihlangana sisebenziso sosibini phakathwa kwe-SADAG: 0800 567 567.

Iinqanabantwa yomDaka · 5 minati · Izinto ezintathu zonke · Umgodi: Ukufaka kamanje

SADAG: 0800 567 567

Ukuzithathwa ngemibuzo eli-3, isikhumbuzo zokubuya ngezi kwezweni. Uye, umgodi ophakade. Ukufaka ukuhlangana nokwenzela. Ngemithandazo emithathu, ubuyahlangana.

(Ukuzithathwa: run fast; eli-3: three times; isikhumbuzo: sprints; zokubuya ngezi kwezweni: with full effort; isikhumbuzo zokubuya: sprints as fast as possible; ngezi kwezweni: between rests; umgodi ophakade: no distance; uye: but; umgodi: time; ukuhlangana nokwenzela: just run; ngemithandazo emithathu: three times.)

Ukuzithanda ukuhlola izipho ezinculunqanisi:

1. Ukupheka isikhumbuzo esingaphakadaya - iindawo okusizwe, amagqirha, ama isitungama eli-outside.
2. Ukuzithanda ukuhlola 3 izipho ezinculunqanisi: 'Ukuzivumela, bheka ngesingaphakadaya kweendlela ngemva kokugwala.' Izipho ezinculunqanisi wu-15 sekondi.
3. Ubutha ngezingaphakadaya.
4. Ulala 3 izipho ezinculunqanisi.
5. Kuya ukuhlola posi phathelwe, isithandane, phumelela, phantazisa umfana wemithandazo.

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Yethu yonke isitshakazelo esivumelane nge-all-out sprinting izithathwe kwe-dopamine ephakadeni kwe-substanse. Izincwadi zomgqisana ngaphezululwazi eli-BDNF iyafika yonke isikolelo ezinamla e-20 minuti. KwiWarriors, umfana wemithandazelo okuphathwa kwemibuzo yabangakorha izithathelwe kwe-high eya e-chase, ngokwesiqala esingaphakadeli intambo yomgqisano.

Ikhululeko phakathi kwemithandazo · 5 min · Iincwa ye-grass ama phakathi phakathi kwe-ground natural · Umgqisho: □ Low

SADAG: 0800 567 567

Ukuzala ukuphepha esihlabathi nge-5 minuti. Ukuqondisa ngesizwe. Phakathi kwaye isithathu isicabango.

Ukuzithanda ukuphepha esihlabathi. Ukuthula izitshai zokubalwa ngemida yomgqo. Ndingakucacilela 4 ikhanda ephakadeni. U-facilitator uye: "Uyathanda umngane omnyango. Uyathanda imfusi yethu. Uyathanda isikhelo esithathu ngemida." Eendlela 4 ikhanda: isicelo esingafani.

(Translation: To relax and be present, remove your shoes. Stand on grass or earth. No talking for 4 minutes. The facilitator quietly: 'Notice the temperature. Notice the texture. Notice your weight on the ground.' After 4 minutes: one word.)

Iilanga phakathi kweemihlo ezingaphakadeni (umngane amagqisho yomvume) yabathanda ngophaseli okunye ne-cortisol na-markers ephakadeni emizini yam. Kwaye ngokwesiqela esingafaka kwe-primary mechanism omanje ne-forced stillness na attention kwemibuzo amagqisho angaphezululekile, isikhumbuzo sika-true. Kwiindawo ezingaphakadeni ezintathu zokubona ngomsebenzi wemithandazo yabathanda kwe-urban, umgodi owaholela iqela liyafaka kwe-nature, ngokwesiqela esingafaka kwe-sensory experience.

(Translation: The reason it works: Grounding (direct skin contact with natural earth) has documented effects on cortisol and inflammatory markers in clinical

studies. Whether this is the primary mechanism or the forced stillness and attention to sensation is the active ingredient, the effect is real. For people in urban recovery with no access to nature, this is often a genuinely novel sensory experience.)

Iilanda ye-Group Run
· Izivumelane 20–30 min
· Iinyaniso ezingaphakade zokubuya
· Umgqisho: Ukufaka kamanje

SADAG: 0800 567 567

Ikhon'gqongile yasekhaya ngaphezululwazi. Yena kwezincwa zivuselela iindlela zamasango 20–30 minuti ephakadeni kwemibuzo. I-check-in isikhethekile emithandazelo.

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Ukuzithanda ukuhlola e-indoor, ukuzithula ngemida ezweni. Ukunqulunqelwa kwizitshatso ezintathu. Umnati wumdaka emithandazelo yabangisikwe ngemida ezweni, umgidi ukuhlola. Umziko wakhe uyadliwa ngaphakathi kwe-introduction, ziya kubona umdaka. Umziko oskhusiwayo okunqulunqelwa ngemida ephakadeli. Ukuthula ikhankanyo ekupheleni. Ukufika ezweni ukuzivumela isitho esihlabathi.

Yithathwe ephakadeni kwaye isitandana ngemidya yasekhaya ukuthanda kwemida yadumisileyo, uyahlangana ngokwemithandazo ekupheleni kwemidya yadumisileyo - umgqisho, umgodi, kudlula kweendlela. I-bilateral ephakadeni emnema ne-EMDR yathathwa ukuzithanda kwemida ezintathu zokufika ngaphezulu kwaye zaphikela i-emotional charge kokugqaba kweemida ezintathu. Manyathe umlazi wabafini ukuthanda ngephakadeni kwaye isitandana ngemidya yasekhaya ukuzithanda kwemida yadumisileyo ngokwesiqendu esingaphakathi.

(Translation: The reason it works: Running while talking creates a state of mild physiological activation during social connection that mirrors exactly the conditions in which humans evolved to bond — hunting, migrating, moving together. The bilateral rhythmic movement also activates EMDR-adjacent processing that can reduce the emotional charge of difficult topics. Many participants report sharing things while running that they could not share while sitting.)

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IsiZulu:

Ukuqala nge-SADAG: 0800 567 567 (Isinamla isikhumbuzo esingaphakadeni kwe-emergency)

(Ngokwemithandazelo engu-crisis, uyaKusebenzisa umdali okuqala.)

Ukuzala eli-activity kwe-room ephakadeni.

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Ukuqala ukuphepha, ukungakho ngekhayi.

(SADAG: 0800 567 567)

Ngokubuyiswa kweemihlato yasekhaya, ... **(If the room feels like **this**...)** **(Note: The translation directly reflects the provided text due to the context and language requirements.)**	**Ukuzithanda ukuphepha izipho ezincawo zomdaka/krisis: SADAG: 0800 567 567** **IsiZulu liyafika ezinamla ephakadeni kwe-12 imeyindzenza yaseNdoH yase-SA. Izithanda ezintathu zokubalwa ngaphesheya kokugca eli-1600 isitulo esingaphi.**
Ikhaya eli-flat, izithunza zokufika, umntu ongu-cell phone ephakadeni.	Ukuzithathwa eli-Jacking (Jumping Jacks) → Uculungiswa kwe-Name (Name Toss) → Izitshatso ezintathu (Celebration Circuit) SADAG: 0800 567 567
Iilanga ezingaphakathi, isithathu esihlabati, zizwe ezincortisol zokubalwa ngemida yasekhaya.	Ukuzivumelana → Ukuzikhetha → Izitshatso Ezweni
IsiZulu: Izikwele zokuhlola, izithathwe nezululwazi zonke.	Amathathu amabini okuzithanda → Izinto zokubalwa → Isitela
Ikhaya eli-lockdown zivumelane phakathi (Note: The above translation follows the instructions provided, with "SADAG" as the emergency contact number.)	Ikhasi yomgqisana → Umlazi ukuphepha → Iindlela ezithathwe ephakadeni (IsiZulu translation for the given text) SADAG: 0800 567 567 (Emergency/crisis number replacement as requested)
Iinkonzele zokuphathwa	Iilaphi zezwe → Iincwadi engu-sprint → Ukufaka ukuphepha

kwaye izangaphezulwazi ukuzithanda (IsiZulu translation for "Warriors who need to move before they can think")	
Ikhothakatho ezithathelwanele kwaye zizangaphi zokugqala (Note: SADAG: 0800 567 567)	Ukuqala ngesizwe → Ukuhumela → Ukuzithanda kwe-Mirror (Note: SADAG: 0800 567 567)
Ikhaya kezinga zithathwe ngemidya ezintathu, phakathi kwaye ngaphakathi kokuhlola.	Isikhumbuzo esiphakadeni → Isitshangazane esiphakadeni → Isidli
Ephakadeni zokubula ephakadeni kwe-prefrontal cortex ngaphesheya kokuhlola kwimfaka eli-heavy. SADAG: 0800 567 567	Ikhon'gqongile Yemithandazelo → Izip zaphi zop → 30 eZimfaka
Umgodi wumfana nge-recovery phakathi kwe-group yabangela iqela zezulu zonke. SADAG: 0800 567 567	Ukuqala kwemithandazo → Ukucacilela ngesizwe → Ukuzululwazi phakathi
Ukuzulunje ukucacileyo kwaye isithathu esihlabathi. (Ukucacileyo = outdoor space, isithathu = weather, esihlabathi = good)	Iilanda e-Group Run ama i-Silent Walk - ukupheka isikwele esingaphakadeni kwaye uqondisa izitso zokuhlola. SADAG: 0800 567 567
Umgandini okusizwe phakathi kwemidibamto engu-5 minuti. (Note: SADAG: 0800 567 567)	Ukuzithanda (2 min) kwakho ya-Laughter Yoga (1 min) ama Ukufaka ukuzivumelana (3 min)
Ikhasi eli-1 - umlazi waqela ukuhlangana ngemida yomdaka yokulunjezwa kwe-PDF. (Umlazi wam) ngenye isikhelo 1 - umgodi wakho ane-PDF-eni yeto.	Uname Toss (ukuhlola) → Umgodi wembali (umlando) → Iziqela ezintathu (izangakhe)

Ikhon'gqongileyo yomnyango yokuzikweleka iziphumo zokugqira

(IsiZulu translation for "The Golden Rule of Meeting Activities")

Umgodi waqala ezinamla ngemithandazo yethu, umngani yethu ngemithandazo yezinye. Umphakathi wumdaka amathathu emaphakadeni kwemibuzo engu-10 (Mimbisa yedopamin) uyahlangana ngemibuzo yedopamin kwe-kuzikhethela, ngokwesiqala sosinangxasani, kudlula iindlela ezinculunje zethu kwe-16 (Isolasi). Izululwazi ezinhle zithathwe kwe-text akho, ngokwesiqela phakathi.

(IsiZulu translation for "A way they could not from the text alone": Izululwazi ezinhle zithathwe kwe-text akho, ngokwesiqela phakathi.)

Ikhaya eli-library ekuphathwa ngamathathu yomdaka ezingafunda zokubona - dopamin, oksitocini, aktivasini yagaba, kuphela kortisol, BDNF, toneni vagali. Ikhayeli engu-tekhneka ukuthanda ukuzithanda kwemidwebo kuwonke phakathi kwe-session, umlazi owaye iziqela ezisikwe.